

WHAT IS CLAIMED IS:

1. An exercise device for providing resistive training for a user of a manually-operated treadmill, the exercise device comprising:

5 a harness adapted for coupling to a waist of the user; and

a resistance band comprised of a resiliently flexible material and having a first end coupled to the harness, and a second end coupled to an object fixed relative to the treadmill, whereby resistance to forward movement of the user occurs as the user manually operates the treadmill.

10 2. The exercise device of claim 1, wherein the harness is defined by an elongated member having opposed ends adapted for engagement together around the waist of the user.

15 3. The exercise device of claim 1, wherein multiple resistance bands are coupled to the harness to increase the resistance to forward movement.

4. The exercise device of claim 1, wherein the second end of the resistance band is coupled to a rear stanchion of the treadmill.

20 5. The exercise device of claim 1, wherein the second end of the resistance band is coupled to a fixed object in close proximity to the treadmill.

6. An exercise device, comprising:

25 a manually-operated treadmill; and

a harness including an elongated member having opposed ends adapted for engagement together around a waist of a user of the treadmill and a resistance band comprised of a resiliently flexible material and having a first end thereof coupled to the elongated member, and a second end thereof coupled to an object fixed relative to the treadmill, whereby resistance to forward movement of the user occurs as the user manually operates the treadmill.

7. The exercise device of claim 6, wherein the treadmill comprises a support structure including parallel rails, a leading roller rotatably attached to the rails at one end of the support structure, a trailing roller rotatably attached to the rails at an opposite end of the support structure, and a continuous belt track extending between the rollers so as to be manually rotated by the user.

8. The exercise device of claim 6, wherein the treadmill includes a rear stanchion adapted to be coupled to the second end of the resistance band.

9. The exercise device of claim 8, wherein the rear stanchion extends generally perpendicular to the support structure at a rear end thereof such that the resistance band can be coupled thereto substantially behind the user of the treadmill.

10. The exercise device of claim 6, wherein the second end of the resistance band is coupled to a fixed object in close proximity to the treadmill.

11. The exercise device of claim 6, wherein the harness includes multiple resistance bands to increase the resistance to forward movement.

12. An exercise device, comprising:

a manually-operated treadmill comprising a support structure including parallel rails, a leading roller rotatably attached to the rails at one end of the support structure, a trailing roller rotatably attached to the rails at an opposite end of the support structure, and a continuous belt track extending between the rollers so as to be manually rotated by the user, and a rear stanchion extending upwardly from a rear portion of the support structure; and

a harness including an elongated member having opposed ends adapted for engagement together around a waist of a user of the treadmill and a resistance band comprised of a resiliently flexible material and having a first end thereof coupled to the elongated member, and a second end thereof

coupled to an object fixed relative to the treadmill, whereby resistance to forward movement of the user occurs as the user manually operates the treadmill.

5           13. The exercise device of claim 12, wherein the rear stanchion extends generally perpendicular to the support structure at a rear end thereof such that the resistance band can be coupled thereto substantially behind the user of the treadmill.

10           14. The exercise device of claim 12, wherein the harness includes multiple resistance bands to increase the resistance to forward movement.